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**Abstract**

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2 This invention provides a method/process of determining a personal dietary supplement profile  
3 of vitamins, minerals, amino acids, enzymes, herbs, and other nutritional supplements for an individual  
4 based on information from a health questionnaire and comparing the individual's health information  
5 to an ideal health profile in a computer data base. Optionally, information provided by physical  
6 examination and laboratory studies can be incorporated into the method/process of determining the  
7 dietary supplement profile. The profile can be further defined by listing commercially available  
8 products that provide the suggested dietary supplements.

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